

**PROPOSED SPECIFICATION AMENDMENT****IN THE SPECIFICATION:**

Please substitute the following paragraph into the specification. Please insert the new paragraph in between lines 28 and 29 on page 7 of the application (between "in FIG. 4." and "In an alternative design to these mouthguards shown in FIGS. 1-6 . . ."), in place of the paragraph added there by Preliminary Amendment:

"As shown in FIGS. 4-5, the second embodiment contains a third horizontal groove 201 located on the front curved surface of the mouthguard. The groove 201 is defined by a shoulder 204 located just above aperture 130, and below helmet strap attachment 20. In this example, the shoulder 204 is located at about the level of the inwardly projecting elements 18a and 18b. Because of the shoulder 204, the front curved surface 202 of the mouthguard located immediately above the inwardly projecting elements has a greater circumference than the front curved surface of the mouthguard located below the inwardly projecting elements. In other words, the mouthguard's top front curved surface 202 generally extends farther outside than does its bottom front curved surface 203."

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